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Stop Smoking Methods available in King County

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HEALTH EDUCATION

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I. SEATTLE VA MEDICAL CENTER

A. Your Seattle VA Medical Center offers a variety of self-help aids to stop smoking. These resources are available through the Health Education Center, Building 24, Room 155, open 8:00 a.m. to 4:30 p.m., Monday thru Friday. Please feel free to come and browse in the center anytime or ask for information.

Videotapes:

1. Smoking: How to Stop, 20 minutes (WF 140 S7)

2. Stress, Tension and the Relaxation Response
   20 minutes (WM 172 S8 1979)

Books:

1. The Step by Step Quit Kit, (HV 5740 S43 1984)

2. A Lifetime of Freedom From Smoking, (WF 140 L4 1980)

3. Freedom From Smoking in 20 Days, (WF 140 F2 1980)

Pamphlets:

1. "Kick The Habit"

2. "Clearing the Air - A Guide to Quitting Smoking"

3. "Why Do You Smoke"

4. "Quit For Good"

B. **Counseling and group classes at the VA Medical Center:**

1. Smoking Counseling Clinic
One-on-one counseling session for smokers who desire to quit, cut down or to gain more information about the hazards of smoking. Available by referral to the Medical Comprehensive Care Unit (MCCU) at 764-2400, Weekdays 8:00 am. - 4:30 pm. Ask your doctor or other health care provider to send a consult to the MCCU.

2. Group Stop Smoking Program
A straightforward, no-nonsense quit smoking program consisting of four two-hour sessions held during a two-week period. About 12 to 15 persons in each quit smoking group are led by a trained ex-smoker through the four sessions. Offered at VA Medical Center. Phone 764-2450 or 764-2678 to enroll.

II. NON-VA SOURCES FOR INFORMATION ON QUITTING

American Cancer Society
2121 1st Ave. N
Seattle, WA 98109
Phone: 283-1152

American Heart Assn.
of Washington
4414 Woodland Park N.
Seattle, WA
Phone: 632-6881

American Lung Association
of Washington (ALA)
1515 Dexter Ave. N.
3rd Floor
Seattle, WA 98109
Phone: 282-5565

Note: An excellent colorful self-help book set is available from the A.L.A. for $5.00. Ask for Freedom from Smoking. (Includes hints on how to remain free from smoking.)

Books are also available from your local bookstore. Some you might want to consider are:

Learning to Live Without Cigarettes by William A. Allen, Gerhard Angermann and William A. Hackler. (Doubleday and Co., Garden City, New York, 1973).

You Can Quit Smoking in 14 Days by Walter S. Ross. (Readers Digest Press, New York 1974.

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II. INDIVIDUAL AND GROUP STOP SMOKING PROGRAMS

NON-PROFIT	METHOD	CHARGE
American Cancer Society 2120 1st Ave. N. Seattle, WA 98109 Phone: 283-1152 (4 one hour sessions over two weeks)	FreshStart Program (group support/behavioral modification). Preregister thru American Cancer.	Free
Group Health Cooperative Offered at several sites in King County, WA Phone: 326-7103 (six sessions over 3 wk period)	Behavior modification with lecture and aversion therapy	$75 members $100 non/memb $100 married couples (free orientation session)
Seventh Day Adventists P.O. Box 1008 Bothel, WA 98011 Phone: 481-7171	8-Day plan-group support habit changes 5-Day live-in retreat scheduled twice yearly	Free/ Low Cost $295 person/ $450 married couples
VA Medical Center Patient Health Education Center Phone: 764-2450	FreshStart program 4 two hour group sessions	Free
Washington Lung Assn 1515 Dexter Ave. N. 3rd Floor Seattle, WA 98109 Phone: 282-5565 (7 two hour sessions)	Freedom from Smoking Classes (group support/learn habit-change skills). Orientation plus 7 two hour sessions weekly, quitting on 3rd session.	$35.00

PRIVATE PRACTICE/FOR PROFIT		
Robert DeSilva P.O. Box 1223 Seattle, WA 98111 Phone: 883-7500 for schedule. (1 hour a day for five days)	Hypnosis group sessions	$40.00

PRIVATE PRACTICE/ FOR PROFIT	METHOD	CHARGE
Evergreen Psychiatric Group 10126 N.E. 132nd. Street Kirkland, WA 98034 Phone: 821-1810	Individual Hypnosis six sessions Six group sessions	$295 person $225 couple
Schick Labs Medical/Dental Building 509 Olive Way Seattle, WA 98101 Phone: 622-0100 (5 days consecutively then 2 times a week. Group sessions for 5 weeks.)	Aversion therapy/ group support	$495.00
SmokEnders 10322 N.E. 132nd Kirkland, WA 98034 Phone: 821-1122	Behavior modification education	$235-295 Family and cash discounts
Tom Wear, Ph.D. 3826 Woodland Park Ave. N. Seattle, WA Phone: 633-2611 (4-10 sessions)	Clinical hypnosis	$60 per hour

Check local yellow pages "Smokers Information and Treatment Centers

**This pamphlet was revised and updated March 1986 based on information from the American Lung Association of Washington and phone contacts. This information is provided as a service and is not meant as an endorsement of the above programs.